

Exhibit (J)

SOUTHEAST ALABAMA MEDICAL CENTER
Routine Post-Partum

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8. Drink plenty of water and fruit juices, eat foods high in fiber such as bran, bran cereals, broccoli, cauliflower, etc. This will help keep your bowel movements regular. If your bowel movements are not regular, take a mild laxative. If you have a definite problem, call your health care provider.
9. Keep taking your prenatal vitamins and/or iron tablets for at least four (4) weeks [REDACTED]
10. If you have any problems call your health care provider. or go to the Emergency Department at Southeast Alabama Medical Center.

Southeast AL Medical Center
334/793-8111

Women's Medical Center
334/793-3900

Dothan OB/GYN, Inc.
334/673-3633

Henry County Health Dept.
334/693-3576

Houston County Health Dept.
334/678-2800

Eff: 9/96

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